

Utah Department Of Health - Bureau of Licensing

Child Care Licensing News

Volume IV Issue I - Spring 2000

Baby Proofing The Entire House Part 2

This is the second of a two part article taken from <http://www.parentzone.com> to child-proof your home.



In The Nursery

- A bassinet or cradle should have a wide base and be sturdy and stable.
 - Do not use a basket not intended to be a bassinet. Loose wicker can poke and hurt a baby.
 - Look for the Consumer Product Safety Commission label on cribs, cradles, etc.
 - Bars should be no more than 2 3/8 inches apart with no splinters or cracks in wood.
 - Mattress adjustability with a minimum rail height of 22 inches when the mattress is at its highest position and the rail is at its lowest.
 - Be sure the mattress is firm and fits snugly against the frame. You should not be able to get two fingers between the mattress and the crib sides.
 - Use bumper pads with at least six ties so that they fit snugly against the entire perimeter of the crib.
- Ties should be no longer than 12 inches to avoid strangulation.
 - When a child can stand in the crib, bumper pads should be removed. These can be used to climb on to get out of the crib.
 - When placing the crib in the room make sure that children cannot reach lamps, electrical cords, shades or blinds.
 - Don't place the crib near a window-especially on the second level of a house.
 - Don't leave rattles, teethingers or squeeze toys in the crib. They can become wedged in baby's mouth causing suffocation.
 - Changing tables should be sturdily built, with high sides and a safety strap. Always keep the baby fastened and never turn your back, even for a second.
 - Keep diaper changing supplies out of baby's reach.
 - Diaper pails should have locking lids or be secured away from children.
 - Infant seats should have a side base, non skid bottom and a crotch and waist safety belt.
 - Never leave an infant in an infant seat on top of a counter or table.
 - Never use an infant seat as a car seat.
 - Never leave baby unattended in either an infant seat or swing.
 - Use a head support for small infants.
 - The two most common types of injuries from swings are: (1) entrapment of a baby's head when it gets caught between the edge of the backrest and the bars from

which the seat hangs and (2) falls, when the back of the seat collapses.

- Playpens can inhibit a child's exploration and environmental stimulation, so times children are placed in them should be limited.
- The sides of a playpen should be high enough to contain an 18 month old child (approx. 20 inches)
- Never tie a toy across the top of the playpen-it is a strangulation hazard.
- Keep the railing secured tightly; a child can become entrapped in the pocket formed between the floor edge and the mesh siding and suffocate.
- Be sure that the child cannot loosen the side of the playpen.
- Don't use a stroller that doesn't have a safety strap. Many injuries occur when children are not securely strapped in.



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CHILD CARE LICENSING ADVISORY COMMITTEE - FEBRUARY 17, 2000

Sanction Actions:

The Southern, Central and Northern Regions reported on current sanction actions in the respective regions.

Discussion Items:

1. Board Member changes:

Resignation: Paula McGibbon

New Chairperson: Joyce Hastings

New Vice-Chairperson: Dianna Farr

Applications and resumes for vacancies submitted by March 15, 2000 will be submitted to Rod Betit, Executive Director.

2. Child Care Center Rules

- Deb Wynkoop explained that proposals from the subcommittee, child care licensors comments, and input from legal counsel were considered when suggested changes to the rules were made. The Utah Department of Health, legal counsel, and the Executive Director review proposed changes, and may or may not approve the changes. Committee members were given a matrix showing proposed changes, and deletions to the existing rules were shown by a strike out and anything new was underlined.
- One change was to incorporate all policy and procedure rules in one section.
- Another change was to have the physical requirement removed. Some committee members felt it was important to leave it in, citing instances where a handicap or illness may go undetected. Others felt it should be parental choice. It was brought up that many times parents don't have the funds to get physicals for their children. Some resources, such as CHIP & County Health could ease the financial burden. Annual health assessments by the parents are still required, and some committee members felt this would be adequate to inform caregivers of a child's health needs.
- The committee discussed changing center ratios from 1:6 to 1:8. It was felt that since the ratio in family care is 1:8 where the caregiver has many other duties, it should also be the ratio in centers, where the caregiver's only responsibility is the children in their care.
- It was clarified by Ms. Wynkoop that an infant is defined by statute as any child under the age of 2.
- To allow more time for committee members to review the matrix, the **motion to postpone further discussion of the proposed center rule changes until the next meeting in April was made and seconded, with the voting being unanimous.**

3. Volunteer definition:

- Ms. Wynkoop explained that the definition of a volunteer would include anyone who volunteers for any period of time without compensation. Volunteers are required to have a background check. It was expressed that if everyone who comes in a center as a volunteer needs to have a BCI check with fingerprinting, it would be quite costly. Ms. Wynkoop stated that facilities licensed prior to July 1999 are not required to submit fingerprints if the individual has lived

in Utah for the past five years, but they would need to submit a BCI Release and Consent form. Since no cost is attached to the Release and Consent form, it should not be a problem. In the center rules, R430-100-6(1) it specifies that all volunteers should be under direct supervision at all times. **It was motioned, seconded, and unanimously voted to amend the wording to say "volunteers are supervised by staff and not included in staff to child ratio."** The rule making procedure was reviewed, as stated in the first paragraph under #2.

4. Advocate Tea:

- Events are scheduled to celebrate the week in the National Week of the Young Child. Ms. Rasmussen of the Office of Child Care explained the Emma McVicker award and described recent recipients. May 12, 2000 has been set aside as Child Care Provider Appreciation Day, with Governor Leavitt signing a proclamation recognizing it as such. Certificates of Appreciation will be awarded by the Bureau of Licensing to all child care providers meeting the qualifications outlined by the Bureau. These certificates are issued annually.

7. Safety Nets:

- The subject of emergency closures with respect to the children's care was discussed. Several suggestions were made. One suggestion by Douglas Goldsmith, Ph.D., Children's Center and the Family Support Center, was to have an hour closure meeting with the parents and children, led by a professional, with a handout available to parents listing signs of trauma, services available, and phone numbers of backup providers. Ms. Tilley reported the UPCCA is willing to provide assistance, but are concerned about lack of compensation, and inquired about a state fund to answer their concerns. Permanent facilities vs. temporary facilities was discussed, citing a child's trauma caused by an emergency closure. Ms. Hastings added that it was difficult for parents to choose a new facility late at night, and parents have requested an after-hours phone number list. Sam Nielsen felt each community should develop a community specific program, rural vs. urban. Other suggestions included assembled packets to give to parents in emergencies, an after hours list posted with the closure notice of available facilities, accessing the R&R's data base showing after hour numbers for directors. Ms. Wynkoop concluded her staff will gather and develop information, then send it to CCLAC members for proofreading and editing. Information will be made available for TA to providers.

8. Other items:

- Ms. Hastings reported Utah County fire inspections will cost \$125.00 eff. Jan. 1, 2001. Previously, this service has been free of charge.

The next meeting will be April 20, 2000, room 125 of the Cannon Health Bldg.

Baby Proofing The Entire House, Part 2 (Continued)

- Check strollers for a side sturdy base and a locking device to prevent accidental folding.
- Be sure that baby's fingers are out of the way when folding or closing the stroller.

Playground Safety

April is Playground Safety Month. After the winter, it's important that you take a close look at your outdoor playground. Make sure that:

- the cushioning material under equipment is loose and is 9" in depth, or approved mats are in place. Cushioning material should extend 6 feet in all directions from the equipment.
- there are no standing bodies of water accessible to children-buckets, large bowls, etc.
- playground equipment is in good repair-no sharp edges, splinters, etc.
- fences are repaired if necessary to prevent a child from escaping
- sand boxes are clear of debris and animal excrement
- toxic chemicals and equipment are secured away from children's access
- lawn and other play surfaces are clean
- the area is free from tripping hazards, like exposed concrete, tree stumps, and rocks

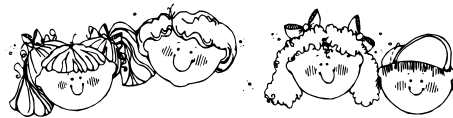
Pretend you are a child and get down on all fours and crawl around in your yard. Keep in mind that any small object you find will probably end up in a child's mouth. Let's make this an injury free summer.

Imagination

Do the children in your care have limited imaginations? Would they prefer to play with toys that talk, watch television and play video games as opposed to playing with materials that require imagination? Would they rather color pre-drawn pictures instead of drawing the picture themselves? Reports indicate that is the case.

Creating the environment

Play is as important to children as work is to adults. When given opportunity and encouragement from an early age, children enjoy pretend play both by themselves and with others. They seek out everyday household items to play with. They imitate adults and use common items to create their imaginary world. Busy parents like the convenience of television, computer games and toys that require little of their own precious time. There is a place for these activities. However, informed parents know the importance of developing imaginations.



Materials set the tone

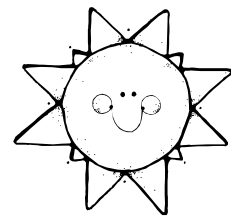
Sparking the imagination requires an array of interesting materials. Some ideas to get children's imaginative juices flowing are:

- Pots and pans
- Wooden kitchen utensils
- Old costume jewelry
- A container of colored buttons or beads
- Various shapes and sizes of wooden blocks
- Plastic nesting cans
- Empty thread or gift ribbon spools
- Old fashioned non-pinching clothes pins
- A box of junk mail
- Empty milk cartons and oatmeal boxes
- Empty gift boxes of various sizes
- Scraps of gift wrapping
- Scraps of fabric
- Toilet paper or paper towel tubes
- Sponge hair curlers
- Playing cards
- Bean bags
- Magnifying glass
- Pipe cleaners
- Magazines with pictures
- Blunt scissors
- Pads of empty paper
- Crayons or washable markers
- Magnets
- Construction paper
- Scotch tape
- Ice cream sticks

- Gummed labels or stars
- Magic slates
- Sponges
- Rolling pins, cookie cutters, dull knives, forks and spoons
- Play dough or clay
- Paste
- Paints
- Cornmeal sandbox (cornmeal in a medium-sized flat box)
- Hole punch
- Wallpaper books
- Paper plates
- Different shapes of pasta
- Straws
- Adult clothes for playing dress-up
- Old telephone
- Miniature doll family
- Small cars and trucks

Young children are naturally imaginative. Giving them the opportunity to use their imaginations in their everyday lives assists them in growing into interesting, flexible older children, adolescents and adults. After all, wouldn't a young child rather play with the box than the toy that came in it?

(Taken from an article from THE INFORMED PARENT by Carolyn Warnemuende, M.S. at www.informedparent.com/articles/nurturingimagination)



Is life too harried, rushed, and is perfection expected too much? As providers of child care, you still have the opportunity to see the world through a child's eyes. However, you may still feel at times like the following letter.

MY RESIGNATION,

I am hereby officially tendering my resignation as an adult. I have decided I would like to accept the responsibilities of an 8 year-old again. I want to go to McDonald's and think that it's a four-star restaurant. I want to sail

sticks across a fresh mud puddle and make a sidewalk with rocks. I want to think M&M's are better than money because you can eat them. I want to lie under a big oak tree and run a lemonade stand with my friends on a hot summer's day. I want to return to a time when life was simple. When all you knew were colors, multiplication tables, and nursery rhymes, but that didn't bother you because you didn't know what you didn't know and you didn't care. All you knew was to be happy because you were blissfully unaware of all the things that should make you worried or upset. I want to think the world is fair. That everyone is honest and good. I want to believe that anything is possible. I want to be oblivious to the complexities of life and be overly excited by the little things again. I want to live simple again. I don't want my day to consist of computer crashes, mounds of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, illness, and loss of loved ones. I want to believe in the power of smiles, hugs, a kind word, truth, justice, peace, dreams, the imagination, mankind, and making angels in the snow. So...here's my checkbook and my car keys, my credit card bills and my 401K statements. I am officially resigning from adulthood. And if you want to discuss this further, you'll have to catch me first, cause..."Tag! You're it."

Author unknown



SUMMER FUN...AND DANGERS

Summer is coming and you will be spending lots of time with the children outdoors. You know how important it is to wear sunscreen outdoors and apply it to the children in your care (preferable apply sunscreen that the

parents have brought for their child to avoid the risk of allergies certain children may have). According to the American Academy of Pediatrics, The American Academy of Dermatology, and The Skin Cancer Foundation, sun protection should be started in young childhood. Clearly those individuals with fair skin are at a much greater risk than persons with darker skin. It is recommended that a sun protection factor of 15 or greater be used if a person plans on spending any length of time in the direct sunlight. It is also recommended that infants under 6 months of age be kept out of the direct sunlight as much as possible. Chemical protection is NOT recommended for infants under this age. Many factors are involved in the role of the sun exposure to cancer formation. Some studies show that younger children may be more at risk than an adult with an equivalent exposure to the sun. Studies also suggest that there is an accumulative or additive effect of exposure throughout one's lifetime. With the accessibility we have to sun screens, there is no excuse for blistering and painful burns caused by exposure to the sun.

Another problem associated with excessive exposure to the sun are harmful UV rays. Infants and children under ten years of age may be at an increased risk for eye injury because ultraviolet light more easily penetrates the lens of the eye. As children get older the lens is able to increase its absorptive powers, thus limiting deeper eye injury to the retina. Sunglasses protect against UV light by a chemical that is added to the lens which absorbs this type of light. To effectively protect the eye, sunglass lenses must absorb 99% to 100% of the UV light. Check the manufacturer's label before buying. Look for "UV absorption to 400nm" or "maximum of 99% UV protection" or "meets ANSI UV requirements".

For more information on solar protection for young eyes and sun screen, log on to: www.informedparent.com

HOUSEKEEPING

Housekeeping is a touchy subject, for licensors as well as providers. The family rule R430-90-17(2) states: There shall be adequate housekeeping services to maintain a clean, odor free, and sanitary environment. (See R430-50-10.(10) for RC, R430-100-20(1) for Centers, R430-60-13.(10)(g) for Hourly Centers.) We understand that when you care for children it's next to impossible to keep your home/facility "neat as a pin." However, food left out for inappropriate periods of time, counters not being wiped off, bathrooms not being cleaned regularly, and unnecessary clutter is a danger to children. When a licensor determines a child's health and/or safety is compromised due to the degree of cleanliness of the facility, a deficiency will be written.



FIRE EXTINGUISHERS

Family rule R430-90-16.4 reads: Each home shall have fire extinguishers and smoke detectors in good operating condition on each floor occupied by children. (See R430-50-10(2) for RC, R430-60-13(1)(a) for Hourly Centers and R430-100-23(7) for Centers). When the rule says good operating condition, it means that it (they) must be checked and tagged each year by the local fire department or by someone else authorized to inspect and fill extinguishers. Look in the yellow pages under Fire Extinguisher for a technician in your area. If your licensor checks your extinguisher(s) and finds that you have not had it checked in over a year, she will write a deficiency.

UPCOMING EVENTS

T.A.R.G.E.T. classes in Spanish

Monday Nights
(May 8 to June 5, excluding
Memorial Day)
6:30-9:00 PM
124 South 400 East #400
SLC, Utah
\$6.00

Training for those interested in obtaining an RC or becoming licensed. Call Lisa Alleman at 355-7444 for more information.

RULE UPDATE

Be aware that TB tests do not necessarily need to be repeated every two years. The rules now state "Tuberculin skin testing does not need to be repeated during the employment period unless the employee develops signs and symptoms of the disease, as determined by a health care professional"

CONDITIONAL LICENSES

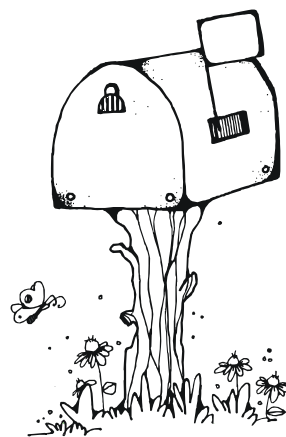
Uncorrected deficiencies may result in a conditional license. R430-30-2 states:

(1) A conditional license is a remedial license issued to a licensee found to have:
(a) a Class I violation or a Class II violation that remains uncorrected after the specified time for correction,
(b) more than three cited repeat Class I or II violations from the previous inspection, or
(c) failure to fully comply with administrative procedures for licensing.

What this means is that if you fail to correct deficiencies within the time frame agreed upon, your licensor will issue a Conditional license. Conditions may include increased monitoring and/or fines. Please correct your deficiencies in a timely manner.

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Bureau of Licensing
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HOW MUCH DO YOU KNOW?

By reading the R430-90 rules and answering the following questions, you may count 30 minutes of training towards your 20 hours of required yearly training.

1. Our emergency plan must be written and include who turns off the water. (T) or (F)
2. The hot water accessible to the children must be at least 120 degrees to kill bacteria on their hands. (T) or (F)
3. Food shall not be placed on a _____ or other eating surface.
4. The parent or legal guardian shall _____ review and update the child's health history with the licensee.
5. Since I am starting to care for a brother and sister, ages 4 and 6, I will tell their mother that I need a physical examination form for both of the children upon admission. (T) or (F)
6. I found a NIT in little Jimmy's hair today. I'll post a note on the door telling all the parents that Jimmy exposed their child to head lice. (T) or (F)
7. Which of the following is NOT part of the required 20 hour training curriculum
 - Child Development
 - Principles of Good Nutrition
 - Records and Taxes
 - Age appropriate activities
 - Proper hand washing and sanitation techniques

The caregiver who administers a child's medication shall maintain a medication record that includes:

1. _____
2. _____
3. _____

NO DEFICIENCIES!



The following providers had a no-deficiency annual survey for the period of December 1, 1999 to February 29, 2000. Congratulations!

Northern Region

Anderson, Jefri Lyn
Andreasen, Sheila
Bachman, Amy
Bergen, Judy
Bodily, Teryl
Brewer, Denise
Brown, Sonya
Call, Kathy
Call, Kitty
Christensen, Jennie
Claypool, Carmela
Cole, Vardee
Colier, Luris
Crow, Debra
Dunford, Beverly
Eatough, Sherri
Fuller, Christine
Gordon, Janet
Hammond, Martha
Hundley, Sandra
James, Tracy
Keen, Violet
Kennedy, Marie
Kindall, Angie
Lund, Annette
Millburn, Heather
Peck, Keann
Pingree, Diane
Ray, Nancy
Rose, Patricia
Seabolt, Stacey

Seppich, Julie
Smith, Jennifer (Logan)
Smith, Jennifer (Roy)
Stevenson, Tamara
Stocker, Janna
Thayne, Lesa
Thompson, Cynthia
Valenti, Jeanne
Vause, Nancy
VonCannon, Julie
Whittle, Julie
Wilde, Dayna
Williamson, Marie
Wood, Krystal
Youngberg, Pauline
Zimmer, Linda

Central Region

Anderson, Barbara
Baker, Rebekah
Camp Snowbird
Colledge, Trisdana
Coppers, Narda
Davila, Fatima
Garrido, Corina
George, Shawn
Heugly, Paula
Huefner, Alishia
Knowlden, Connie
Kushlan, Talitha
Larson, Colleen
Lopez, Aura
Maddux, Sharon
McCormick, Laci
McEwan, Anna
Meldrum, Tamara
Merrick, Beverly
Miller, Elvire
Mother's Helper
Mountain Shadows, Kearns Rec.
Northwest Child Care
Orfanos, Regina
Pardo, Carmen
Pons, Soni
Renckert, Niecia
Richens, Jenny
Robinson, Alena
Ruesch, Melissa
Sharp, LaNae
Stevenson, Cheryl
Thomas, Rhonda
Treehouse Athletic Club
Tyrell, Beth
Weeks, Kristine

Westerman, Seanna
Willowcreek Children's Center
YWCA of Salt Lake City

Southern Region

Adamson, Melanie
Aguayo, Lisa
Anderson, Kim
Bartschi, Elaine
Bishop, Telina
Bowden, Shauna
Brian Head Resort Child Care
Carter, Kim
Carter, Laura
Collier, Beth
Condie, Charlene
Curtis, Sandra
Doyle, Jennifer
Ferguson, Teresa
Gilmore, Hope
Hendricks, Toni
Hignite, Tami
Hildreth, Lori
Hughes, Dorothy
Hunt, Melinda
Johnson, Lisa
Laird, Lori
Lambert, Kerri
Layton, Kris
McDonald, Rebecca
McFadden, Mary
McIntosh, Pamela
Mickelson, Francie
Montessori Preschool of St. George
Nelson, Marcia
Peterson, Chris
Phillips, Sandra
Redd, Beverly
Reynolds, Maria
Riddle, Debra
Roper, Maria
Shaw, Jennie
Skabelund, Maxine
Storybook Cottage
Turley, Linda
Turner, Laura
West, Susan
Whearley, Lynda
Wilson, Leslie



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Shilo Hardy, Secretary

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Nedra Slock, Secretary

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Larry Naylor, Program Manager

435-674-3823

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